His Christmas Hint.



A New Demonstration That a Bird # # LAURA JEAN LIBBEY. in the Hand is Worth Two in the Bushou must surely win your love in re Do not let morbid, sentimental fancy YOUNG girl writes me as follows

"I have two lovers, one of whom I have been corresponding with marrying, and one where I live. "Now, the facts are, I love the one with whom I am corresponding very, very dearly, but I can have no prospect of marrying him, for it might be years, as he frankly tells me, ere he can be freed from his responsibilities. n loves me devotedly and when I told him last evening that I did not care enough for him to marry

him he broke down and cried like a "I wrote my absent lover about the of marriage which I had from the tainty, even though I love the other one other young man, and he answered that with all the love in my heart?" f I accepted it, he hoped that I would happy. He also expressed regret that he was not the happy man. He begged

with me to marry him, for an uncer-



LAURA JEAN LIBBEY.

judgment it would be wisest and best to look more kindly upon the lover who voted love as this young man has for

nature and not violent and excitable, Sleep and regular hours are also es-

the infant. If late hours and irregul

or less exciting to a child.

sleeping times are followed, the child's ervous organization is bound to suffer

The best way to guard a child's

nerves is to make its life as simple and

natural as possible. The gitter of gas laughter and talking in the house where the child may be, and the disturb-

ing noises and sounds in the streets of

a city contribute to make the little one

develop prematurely along undesirable lines. Regular hours of quiet, peaceful

sleep must be rigidly observed for every

Of course, anything that interferes with the child's nourishment and proper

physical development must react upor

sible for their nervous condition than are we for an accident received in a

ent of the infant, and yet many moth. It is unnaturally stimulated and awak

ened at an age when it should be der of nervous excitability simply to show the baby off to friends or relatives. The

and hopes the man who admits to her that he cannot marry for long years. for she knows youth-time is the time me, however, not to stop writing to him has come manfully forward and asked to wed. The bird in the hand is worth two "Should I give up the lover who pleads no greater proof of his love. Such det the bush, my dear. LAURA JEAN LIBBEY. Begin Sound Training in Childhood. STARTING THE NERVES RIGHT A Is the Counsel Dr. A. S. Atkinson.

Are due to ancestral indulgences, which we, as their descendants, and it is little wonder that the havor with the little one's nervous organization. It is quite essential that

wreck your happiness. Every malden has just one true lover in her lifetime. Beware lest you send him from you.

The firl who waits long years for a over generally dies an old maid. By

the time he considers himself in a posi-tion to wed the sweetheart of his youth

It is the young resebud of a girl whom

not for the wrecked, disappointed life

staked all her happiness on his con

The wise girl puts from her thoughts



arrangement of lace, which appears again on the cuff of the upper sleeve The waistcoat, cuffs and collar are of tineel brocade, outlined with black and

Entered at the Post-Office at New York as Second-Class Mail Matter.

# BEDROOM WINDOWS SHOULD BE OPEN BOTH DAY AND NIGHT

A man who cured himself of a tendency to consumption by arranging his mode of life upon a common-sense basis sends us these four rules. They lie at the basis of good

health. They ought to have your careful at-IMPORTANT HEALTH-RULES.

First-Avoid crowded, stuffy places, such as packed street-cars, waiting-rooms, ferry-cabins, poorly ventilated halls and theatres.

Second-Never ride when you can walk.

Third-Keep your bedroom windows open all day long if possible, and, without fail, all night long. If there is a draught put a high folding-screen about the end of your bed.

Fourth—Hold your head up, breathing slowly and deeply.

All of these rules mean fresh air. And fresh air means life, vigorous, effervescent, poured into every nook and corner of your system. Foul air, on the contrary, means disease and decay eating away at every part of you.

Our ancestors, dirty, ignorant creatures that they werethough we have no right to blame them for it, because it was not their fault—had a violent prejudice against fresh air at night. The theory was that as soon as the sun went down all manner of pernicious things issued from the black bosom of the earth-devils,

OUR IGNORANT. ANCESTORS.

CATCHING COLD.

NO EXCUSE FOR

BREATHING

DIRT AND

ghosts, poisonous vapors, disease and death. So they built beds in the walls, with heavy doors to them, or reared about the couch a mighty structure weighted with thick curtains. St. Simon gives as an instance of the utter

selfishness and heartlessness of Louis XIV, that he came to see Mme. de Maintenon one day when she was indisposed, found her in a room with the windows tightly closed, and at once ordered them thrown wide open. The reason that Louis XIV., in spite of his gluttonous habits, lived to such a great age in comparatively good health was this instinct for fresh air which made him break through the strong prejudice of his time.

But we are not yet cured of the night-air superstition. Thousands, perhaps millions, of us sleep in close, foul bedrooms, every window shut, or, at most, one window an inch or two open. We breathe stale, deoxidized air over and over again. It is not only an unclean habit. It is also a dangerous habit. No wonder so many people have a "family doctor." To say nothing of their habits of overeating and improper eating, they draw into their systems, charge the blood and feed the nerves with rank poison-foul air.

The favorite excuse for this unclean habit—there is always an excuse for every unclean habit-is that to sleep with the windows

open in Winter is to invite a severe cold. Of course it is, if one does not dress himself for bed warmly enough. And it is necessary to dress much more warmly for bed than it is for going outdoors. At night the circulation of the blood is more sluggish and every part of the

body is exercising itself less. Therefore one ought to be warmly clad from feet close up to the chin-not weighted down and smothered, but clothed.

Don't be afraid of fresh air. But be in mortal terror of close air and stale air and foul air. It is an especial disgrace for a New displeasing to his right. A newer, fairer. Yorker to treat himself to any but fresh air. For through the streets of New York-and this is true of no other great city of the he will be eager to make his wife, caring world—blows the purest and cleanest air, poured from the the middle-aged woman who has mighty filtering reservoirs of the open ocean. A New Yorker who

closes his windows at night is like a mountaineer who would refuse the sparkling, effervescing, oxygenated water that comes tumbling down from the peaks and would drink instead from the horse pond.

You may have to breathe more or less bad air during the day. But you don't have to breathe anything but the best of fresh air at night. And the best ought to be none too good

HIS ETIQUETTE.



# JOW'D YOU LIKE TO BE CHARLIE? By T. E. POWERS.



of good Deacon Wootsey and the Sunday-school super-intendent and against the fair Tootsey Wootsey's heartless coquetry, and decide to tear her plaster image from your heart-as Charlie did?



tion, with your soul aftre with sanguinary plans to break Tootsey's false heart by perishing amid a ring of the slain upon the (out) field of glory, with your face to the foe and your name in the papers-as





office amid ribald jests as to your incapacity, only to find the Tootsey was not false after all, but had enlisted as even rulse a salary—as Charlis did?

• \*\*Common of the common of the com

## FOR THE STRENUOUS LIFE.



It is announced that there is soon to be a physical test for entrance in our leading colleges

Its Formation in America M M M M Suggested by "One of Them." It is also in keeping with a new Chilotof new houses, on many of which there will be tablets setting forth that on this site formerly stood the house occupied by so-and-so, well-known, &c. There are a lot of such told me, looked like an old spring house told me, looked like an old spring house in the fourth of the fourth of the company of the looked like an old spring house in the fourth of the company of th

tablets all over town now.

I suppose that as soon as the Stewart thought of the Juliet ruin, and he remansion, opposite the Waldorf-Astoria, is razed, somebody will get a job of getting out a tablet to mark that site.

ting out a tablet to mark that site.

out a tablet to mark that site.

ting out a tablet to mark that site.

ou

HARRIET HUBBARD AYER.

# HARRIET HUBBARD AYER.

Dear Mrs. Ayer: I have a little girl who is two years and nine months old. I would like to know what I could feed her that would do her the most good. Also how often she should be fed during the day.

CHILD of this age should have food four times a day. The first meal at 7.30 in the morning. One or two tumblers full or cups of milk. a saucer full of thoroughly cooked catmeal or wheaten grits, one or two slices of stale bread with butter. Warm the milk if it is the little one's

HE KNEW BETTER.



## How to Care for the Baby. Timely Hints to Mothers. . . . . . Nothing further to eat after the fourth

I have a baby sixteen months old whose face is full of large brown freckles. Will they disappear or can I do anything to take them away?

LOTION just as a grown person would use would remove the freckies, but I should never advise it in such a case. You might use this very simple lotion, which will relieve the skin. I doubt if it will do more than that for the freckies. Don't worry about them; time enough when the little still gree older:

the little girl gets older:
Simple Lotion—Boracic soid, 1 dram;
distilled witchhasel, 2 ounces; rosewater, 2 ounces. Bathe the face regu-

## Outstanding Ears.

choice to have it so. If the child is hungry give her the second meal at 11 o'clock. Let this consist of a teacup full of meat broth or, if she prefers, a good-sized cup of milk with a biscuit.

At 2 o'clock give the little one her third and principal meal, which may consist of a slice of underdone roast beef or mutton or a bit of roast chicken or turkey, finely mineed, a baked potato thoroughly mashed and moistened with the gravy from the dish or a meat broth. A slice of two of bread and butter, a saucer of simple rice and milk, or bread and milk pudding or a soft custard.

Dear Mrs. Ayer:

Will you kindly inform me what I can do to prevent my baby's care from standing so far away from her head? Every time I lay her down and she moves her lead she has her ear turned forward.

Mrs. H. F.

O to one of the shops devoted to the sale of infants' garments and ask for an ear cap. They are not expensive and will correct the defect.

Berlin Hello Girls.

Nine girls have been specially engaged to take charge in the Berlin central tele-

Nor do they know if it be snow Or daisles in the grass. All day the birches bend to hear

The river's undertone; Sings evensong alone.

no sound, The winds may sob and stir-On the still breast of Peace they

And they are glad of her They sok not any gift—they mind

ROADSIDE REST.

children have reached a reasoning age.

Freedom from excitement to one of the

prime essentials for the healthy develop-

nfant is tormented in every way to

laugh, play or make violent manifesta-

th quiet sleep has come to them,

cross the hush a fluting thrush

But down their dreams there drifts

eany foot that fares; cody Life passes by, on quiet eleep to theirs. Lythur Motcham, in the Atlanti

SWEET ODORS. O NE may keep one's room sweet with that fragrance of violets all Winter by setting little bowls of powdered orris root about them. The

orris root should be renewed once or twice a month and the bowls washed twice a month and the bowls washed whenever it is changed. Dainty Japanose bowls and quaint dishes and vases make the best receptacles, and it is wise to cover them during the night to preserve the sweetness of the powder. By hanging sachets of orris root in the wardrobes one's garments will be given an evasive and charming fragrance.

must inherit and combat for the rest of our lives. Children are born jute the world with a tendency to weak and excitable boy or girl. Even at the risk excitable boy or girl. Even at the risk of having people consider the child dull the and prevent their nerves from making life more or less miserable for them as they grow older.

The trouble is that in the vast majorative of cases the harm is done before the children have reached a reasoning age.

This afternoon reception dress is o ne faced cloth, strapped with satin,

